



Marinated Baby Artichokes with Dill and Fresh Ginger

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN

ready

45 min.

SERVINGS

servings

30

CALORIES

calories

33 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 20 baby artichokes
- ☐ 2 tablespoons capers drained
- ☐ 2 tablespoons optional: dill chopped
- ☐ 1 tablespoon ginger fresh finely grated
- ☐ 4 garlic cloves crushed
- ☐ 1 optional: lemon fresh halved
- ☐ 0.5 cup olive oil extra-virgin

☐ 30 servings salt

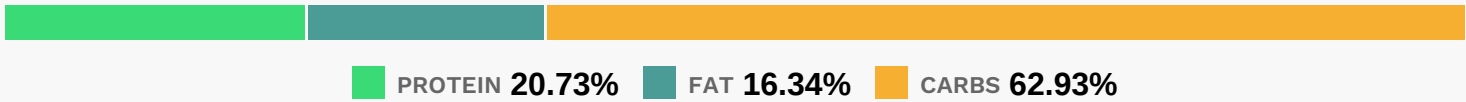
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ serrated knife

Directions

- ☐ Squeeze the juice from a lemon half into a large bowl of water, and add the half to the bowl. Working with 1 artichoke at a time, cut off and discard the stem. Pull off the dark outer leaves and trim any dark green patches from the base. Using a serrated knife, cut off the top third of the artichoke. Rub all over with the remaining lemon half and add to the lemon water.
- ☐ Bring a medium saucepan of water to a boil and add a large pinch of salt.
- ☐ Drain the artichokes and add them to the boiling water. Cover and simmer over moderate heat until tender, about 15 minutes.
- ☐ Drain the artichokes and pat dry.
- ☐ Meanwhile, in a shallow serving dish, combine the lemon juice, olive oil, garlic, capers, dill and ginger.
- ☐ Add the artichokes and toss so they're thoroughly coated with the marinade. Cover and refrigerate the artichokes, stirring occasionally, for at least 4 hours or overnight.
- ☐ Let the dish return to room temperature before serving.

Nutrition Facts



Properties

Glycemic Index:2, Glycemic Load:0.04, Inflammation Score:-4, Nutrition Score:1.5186956482737%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg

0.01mg Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg

Nutrients (% of daily need)

Calories: 32.77kcal (1.64%), Fat: 0.73g (1.12%), Saturated Fat: 0.1g (0.64%), Carbohydrates: 6.33g (2.11%), Net Carbohydrates: 3.24g (1.18%), Sugar: 1.06g (1.17%), Cholesterol: 0mg (0%), Sodium: 279.53mg (12.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.09g (4.17%), Fiber: 3.09g (12.37%), Vitamin A: 508.92IU (10.18%), Iron: 0.93mg (5.18%), Calcium: 21.05mg (2.11%), Vitamin C: 1.7mg (2.06%)